

# Cold-Weather Injuries

## Frostbite

Cause	Symptoms	First Aid
<ul style="list-style-type: none"> <li>Freezing of tissue, normally due to exposure below 32°F.</li> </ul>	<ul style="list-style-type: none"> <li>Numbness in affected area.</li> <li>Tingling, blistered, swollen, or tender areas.</li> <li>Pale, yellowish, waxy-looking skin (grayish in dark-skinned soldiers).</li> <li>Frozen tissue that feels wooden to the touch.</li> </ul>	<ul style="list-style-type: none"> <li>Warm affected area with direct body heat.</li> <li>Consult medical personnel as soon as possible.</li> <li>Do not thaw frozen areas if treatment will be delayed.</li> <li>Do not massage or rub affected areas.</li> <li>Do not wet the area or rub it with snow or ice.</li> <li>Do not expose affected area to open fire, stove, or any other intense heat source.</li> </ul>

## Chilblain

Cause	Symptoms	First Aid
<ul style="list-style-type: none"> <li>Repeated exposure of bare skin for prolonged periods to temperatures from 20° to 60° F (for those not acclimated to cold weather).</li> </ul>	<ul style="list-style-type: none"> <li>Swollen red skin (or darkening of the skin in dark-skinned soldiers).</li> <li>Tender, hot skin, usually accompanied by itching.</li> </ul>	<ul style="list-style-type: none"> <li>Warm affected area with direct body heat.</li> <li>Do not massage or rub affected areas.</li> <li>Do not wet the area or rub it with snow or ice.</li> <li>Do not expose affected area to open fire, stove, or any other intense heat source.</li> </ul>

## Immersion foot (trench foot)

Cause	Symptoms	First Aid
<ul style="list-style-type: none"> <li>Prolonged exposure of feet to wet conditions at temperatures between 32° and 60° F. Inactivity and damp socks and boots (or tightly laced boots that impair circulation) speed onset and severity.</li> </ul>	<ul style="list-style-type: none"> <li>Cold, numb feet may progress to hot with shooting pains.</li> <li>Swelling, redness, and bleeding.</li> </ul>	<ul style="list-style-type: none"> <li>Rewarm feet by exposing them to warm air.</li> <li>Evacuate victim to a medical facility.</li> <li>Do not massage, rub, moisten, or expose affected area to extreme heat.</li> </ul>

## Dehydration

Cause	Symptoms	First Aid
<ul style="list-style-type: none"> <li>Depletion of body fluids.</li> </ul>	<ul style="list-style-type: none"> <li>Dizziness</li> <li>Weakness</li> <li>Blurred vision</li> </ul>	<ul style="list-style-type: none"> <li>Replace lost water. Water should be sipped, not gulped.</li> <li>Get medical treatment.</li> </ul>

## Hypothermia

Cause	Symptoms	First Aid
<ul style="list-style-type: none"> <li>Prolonged cold exposure and body-heat loss. May occur at temperatures well above freezing, especially when a person is immersed in water.</li> </ul>	<ul style="list-style-type: none"> <li>Lack of shivering.</li> <li>Drowsiness, mental slowness, lack of coordination. Can progress to unconsciousness, irregular heartbeat, and death.</li> </ul>	<ul style="list-style-type: none"> <li>Strip off wet clothing and wrap victim in blankets or a sleeping bag.</li> <li>Place another person in sleeping bag as an additional heat source.</li> <li>Get victim to a heated location and medical treatment as soon as possible.</li> </ul>